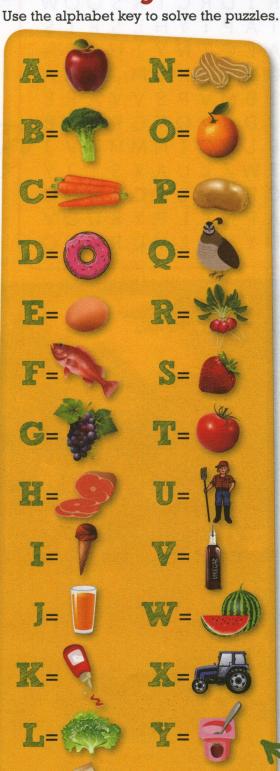


From The What are three of your favorite foods? Write them on the lines below.
Write ment on the mes below.
To Your 2
Where Does
Your Food
Come From?
Are your favorite foods grown on a farm?
Raised on a ranch? Picked from a tree? No matter where your food comes from, it all has one thing in commonSOIL! Most
of the food you eat comes from plants that grow in the soil or
animals that eat plants that grow in the soil.
Write down where you think your favorite foods come from.
your lavortic roots come from:
2
The food you eat is divided into five food groups;
fruits, grains, dairy, protein and vegetables.
Fill in each blank with a food group. Use the letters in the circles to finish the sentence.
1. Apples, bananas and peaches are that grow on trees.
Fauite
2. Pork chops, scrambled eggs and pinto beans are
food group.
3. Whole wheat bread is one of the healthy foods
in the group. Choose MyPlate.gov
4. Sweet potatoes and carrots are orange
2 2 2
Healthy food grows in healthy!
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M=



1. Eating foods in the gives you energy.

grains are best.



3. You should eat at least one

vegetable every day.





prevent disease and help your body heal.

5. Foods in the dairy group help grow

bones and teeth.

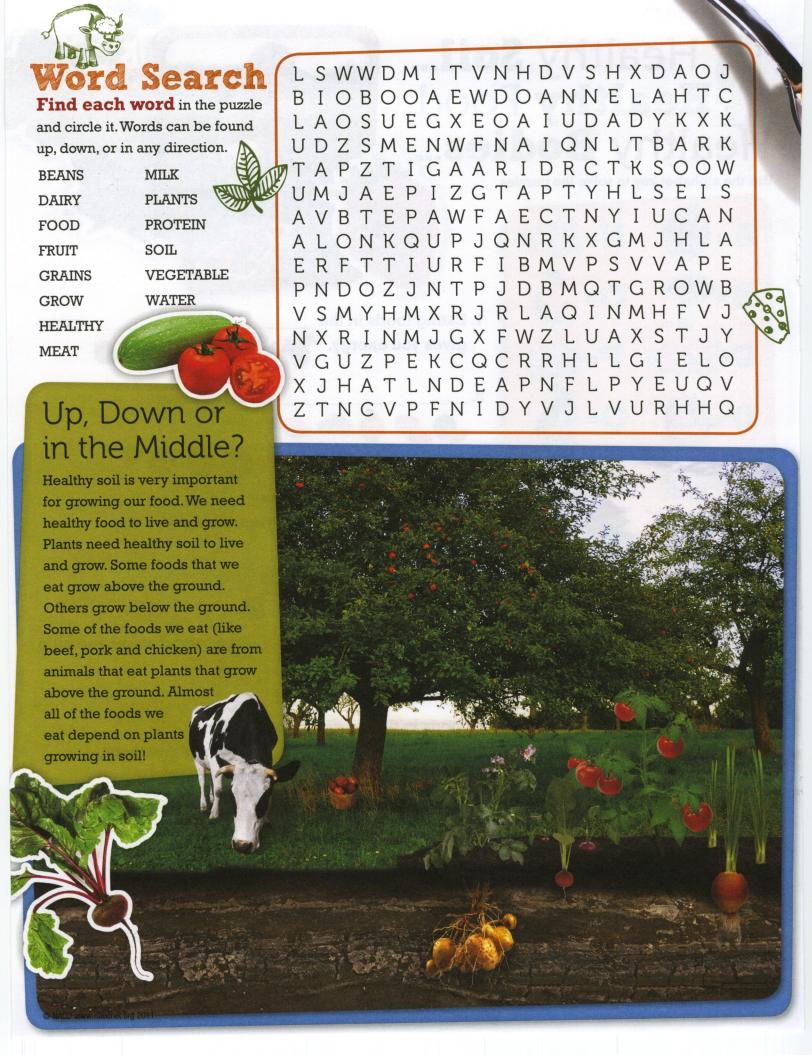




6. Beans and lean help your body build strong muscles.

Look at the foods in the alphabet key. Draw a line under the foods that grow in the soil. Circle the foods that come from animals that eat plants that grow in the soil.

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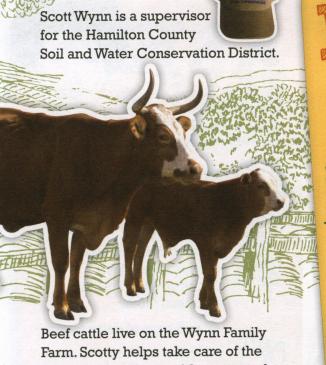






- 1. Tomatoes grow in soil and are used to make ketchup. Ketchup is put into bottles or packets and sold in stores.
- 2. Cows eat hay. Hay is a combination of grass and other plants that grow in soil and are then cut and dried. Farmers bale hay into square or round bales.
- 3. Tomatoes and other foods are hauled from farms to processing plants in large trucks.
- 4. Buns, rolls and other breads are made in bakeries. Breads are made with wheat that grows in soil.
- 5. Cows are raised on ranches. Ranchers feed, water and take care of the cows.





cows. Beef cattle provide meat such as hamburger and steaks.

See a video of Farmer Scotty telling you about his farm at www.nacdnet.org/education/resources. To find your local conservation district visit www.nacdnet.org/about/districts/locate.



The Wynn
Family works
hard every
summer to
bale enough
hay to feed
their animals.

A donkey named Duke helps the Wynn Family work on their farm. Caroline thinks that Duke's big ears are funny.

EU	N	1	2		2+	2=	A .	*
On The Farm		4				5		os e
8	in t	he Wy	ynn Fa	mily	Farm	ons abo	ite	7

## Across

- Farmer Scotty gathered eggs every morning. One day he found 252 eggs. There are 12 eggs in one dozen. How many dozen eggs did Scotty find?
- 3. The Wynn Family stacked bales of hay in the barn. They stacked 6 bales of hay in each row. They had 53 rows. How many bales of hay did they stack?
  - 5. Farmer Scotty sold the wool from his sheep for \$8 a pound and made \$120. How many pounds of wool did he sell?
  - 6. Write these numbers from the least to the greatest: 629, 30, 210, and 98.
  - 8. The Wynn Family Farm had 18 acres to plant crops on. They planted 4 acres of corn. How many acres were left?

## Down

- 2. Caroline pulled a cart with 6 baskets of corn on it.

  Each basket held 28 ears of corn in it. How many ears of corn were on the cart?
- 4. If the cows get milked every day for one week, and each day they got 17 gallons of milk each day from the cows, how many gallons of milk did they have for the whole week?
  - 5. Sixty-three yellow chicks, 42 white chicks and 21 black chicks hatched on the Wynn Family Farm last year. How many chicks hatched altogether?
- 6. The Wynn Family picked 854 oranges from their trees.

  What number makes this sentence true?

  520 + \_\_\_\_\_ = 854 \_\_\_\_\_
- 7. Pigs are one of the animals raised on the Wynn Family Farm so that we can have foods like bacon and pork chops to eat. How many letters are in this sentence?

## CONTOWN Food!

You don't have to live on a farm like the Wynn family to grow some of your own healthy food. Ask your teacher if your class can plant a garden in the school's outdoor classroom, or ask your parents if you can plant a small garden in your yard. You can even grow fruits and vegetables in pots on your deck or porch! Ask an adult for help or contact your local Soil and Water Conservation District or Garden Club for tips on planting a garden.

Grow food in all the colors of the rainbow for healthy eating. Green broccoli, red strawberries, orange sweet potatoes, yellow corn and purple grapes are all good foods that you can grow.



## Meet A Farmer

My name is Scotty Wynn. I am 8 years old and I have been farming all my life. I like to grow lots of different vegetables in my garden that I take care of. My family has been farming in Hamilton County Florida for over one hundred years. I am a 5th generation farmer. We have 380 acres of row crops, 200

acres of pine trees and about 200 acres of pasture. Healthy soil is very important because without good soil, our crops would not do well. We grow corn, peanuts and sweet potatoes. We also raise beef cattle and goats. I help everyday on the farm. When I am not working on the farm I love to go fishing with my daddy. I help my mom make pickles from the cucumbers from my garden. Remember, vegetables come from soil, not from the grocery store.



Maxine worked for NACD for 47 years
That's why we always ask Maxine.



How much food should I eat each day to be healthy?

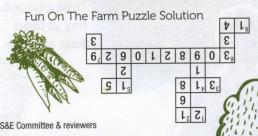
You need to eat food from all five food groups every day.
Children ages 7-9 should eat these foods:

W.

- 2 to 3 cups of dairy foods;
- 3 to 5 ounces of lean meat or beans;
- · 1-1/2 cups of fruits;
- 1-1/2 to 2-1/2 cups of vegetables, and
- 4 to 5 ounces of grains each day.

Look at the "My Plate" picture on page 2 to see how to fill your plate!







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